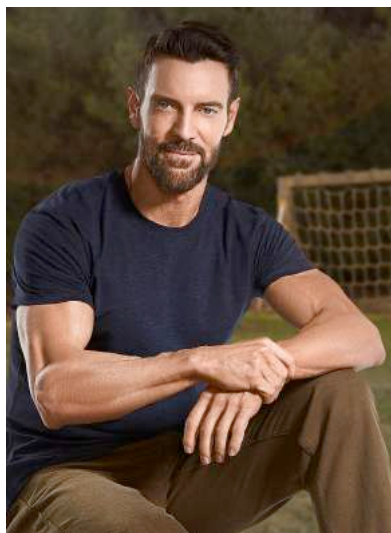




22 Minute Hard Corps Participant Starter Guide



A message from Tony Horton

Congratulations on your commitment to joining me and your Challenge Group for all the motivation and support you need to get boot camp fit! As we spend the next 8 weeks* together, many things will change for you. I'm not talking just about your body. I'm talking about the experience and lifestyle that come with being part of this Group, and the friends you'll make while working toward your goals.

The moves in 22 Minute Hard Corps are straightforward, but what's unique about the program is the cadence of each routine. I guarantee that if you keep up with the pace of the workouts and follow the simple nutrition guide, you're going to get epic results. I need you to commit to giving me 100% effort over the next 8 weeks. Your Coach and Challenge Group will be there to motivate and support you every step of the way.

So stick with it, and know that I will be cheering you on the whole way. Now let's go *get some!*

What are the commitments for the 22 Minute Hard Corps Challenge Group?

- Workouts are 22 minutes** per day, 6 days a week
- Take photos and measurements on Week 0 (before you start Week 1), end of Week 4, and end of Week 8
- Follow the 8-week calendar
- Stay dedicated to at least 8 weeks, with the option to extend with Hell Week
- Follow the eating plan in your Rations for Results Nutrition Field Guide
- Drink Shakeology® daily OR take Beachbody Performance™ before and after you work out
- Interact with your Coach and Group on Facebook®; share how you're feeling and encourage others to reach their goals
- Equipment needs: dumbbells of various weights appropriate to your strength and fitness level and a chin-up bar OR resistance band with a door attachment
 - Optional equipment: Jump Mat

*Hell Week is an optional 9th week

**Optional workouts can extend the routine past 22 minutes